



**MUNSTER ATHLETICS**  
**SENIOR WOMEN & MEN**  
**T & F CHAMPIONSHIP BEST PERFORMANCES**

SENIOR WOMEN	CBP	YEAR	HOLDER	CLUB
100 Meter Hurdles 2'9"	13.90	1990	Susan Smith	Waterford A C
400 Meter Hurdles 2'9"	58.00		Barbara Johnson	North Cork
100 Meter Dash	12.11	2003	Ailis McSweeney	Leevale
200 Meter Dash	24.45	2003	Ailis McSweeney	Leevale
400 Meter Dash -	55.99	2014	Jenna Bromell	Emerald
800 Meter Run	2.07.08	1985	Valerie Vaughan	Blarney Inniscara
1500 Meter Run	4.28.25	2006	Rosemary Ryan	Bilboa
5000 Meter Run	15.38.32	1999	Louise Cavanagh	UCC
<b>3000 Meter Run</b>	<b>9.31.20</b>	<b>2017</b>	<b>Shona Heaslip</b>	<b>An Ríocht</b>
<b>3000 Meter Race Walk</b>	<b>13.49.36</b>	<b>2017</b>	<b>Kate Veale</b>	<b>West Waterford</b>
5000 Meter Race Walk	20.56.70	2002	Gillian O'Sullivan	Farranfore M/V
Triple Jump	12.06m	2000	Catriona Hannifan	St Johns Tralee
Long Jump	5.95m	1999	Jacqui Stokes	Ferrybank
High Jump	1.70m	1995	Jacqui Stokes	Ferrybank
Pole Vault	3.30m	2002	Juliet Claffey	Borrisokane
Shot Put	14.28m	2014–	Claire Fitzgerald	Tralee Harriers
Discus Throw	50.91m	2014	Claire Fitzgerald	Tralee Harriers
Javelin Throw	44.98m	1992	Mary T Real	Limerick A C
<b>Hammer Throw</b>	<b>58.50m</b>	<b>2017</b>	<b>Cara Kennedy</b>	<b>Ferrybank</b>
4 x 100m Relay	49.10	1992	Nenagh Olympic	



**MUNSTER ATHLETICS**  
**SENIOR WOMEN & MEN**  
**T & F CHAMPIONSHIP BEST PERFORMANCES**

SENIOR MEN	CBP	YEAR	HOLDER	CLUB
110 Meter Hurdles 3'6"	15.23	2001	Maurice Donoghue	Carrick on Suir
400 Meter Hurdles 3'0"		1994	Jeremy Lyons	Templemore
100 Meter Dash	10.77	2001	Tom Comyns	Limerick A C
200 Meter Dash	21.48	2000	Gary Ryan	Nenagh Olympic
400 Meter Dash	48.39	2004	Paddy O'Gorman	Leevale
800 Meter Run	1.53.20	1990	Danny O'Brien	Limerick A C
1500 Meter Run	3.49.60	1992	Garrett Barry	North Cork
5000 Meter Run	14.10.50	1994	Donnacha O'Mahony	East Cork
3000 Meter Steeplechase	8.54.80	1996	John Murray	North Cork
5000 Meter Race Walk	19.40.71	2014	Alex Wright	Leevale
10000 Meter Race Walk	40.40.08	2000	Robert Heffernan	Togher
Triple Jump	15.12m	2015	Denis Finnigan	An Riocht
Long Jump	7.59m	1995	Michael Hallahan	Togher
High Jump	2.03m	1986	Martin O'Grady	Nenagh Olympic
Pole Vault	4.60m	2014	Thomas Houlihan	West Waterford
Shot Put (7.26kg)	16.44m	2005	John Leahy	Limerick A C
Discus Throw (3kg)	49.52m	1988	Frank O'Brien	West Waterford
Javelin Throw (800gr)	61.59m	1999	Brian Scanlan	West Waterford
Hammer Throw (7.26kg)	53.85m	2006	Mark Hanley	Fr. Murphy's
56lbs for Distance	8.90m	1986	Gerry O'Connell	Marian
35lbs for Height	4.82m	1985	Gerry O'Connell	Marian
4 x 100m Relay	43.00	1992	Waterford A C	
4 x 400m Relay	3.21.10	1986	Waterford A C	

**CHAMPIONSHIP BEST PERFORMANCES HELD BY GUESTS**

SENIOR MEN	CBP	YEAR	HOLDER	CLUB
400 Meter Hurdles 3'0"	53.42	2014	Barry Upton	Menapians
Pole Vault	4.80m	2014	Ian Rodgers	Crusaders
Hammer Throw (7.26kg)	53.85m	2006	Mark Hanley	Fr. Murphy's
Discus Throw ( )	52.77m	2015	Marco Pons	DMP